



2022 IMPACT REPORT

IMPACT: Results, Progress and Outcomes

The University of Arizona Zuckerman Family Center for Prevention & Health Promotion (ZFCPHP) at the Mel & Enid Zuckerman College of Public Health (MEZCOPH) continues to positively influence the health and wellbeing of the Tucson community with unique programs and dedicated faculty and staff. The 2022 annual report provides an overview of our programs and initiatives and how they have inspired our community, our college, and our students.

The Importance of the Zuckerman Family Center for Prevention & Health Promotion

The ZFCPHP efforts had another active and meaningful year educating and working with Tucson's most under-served populations. Our programs provide children and families in our community unique opportunities to advance their knowledge of healthy behaviors and experience first-hand the role of positive lifestyle options to improve their physical, emotional, and mental well-being. Additionally, our Center mentors and trains over 100 MEZCOPH students annually with service-based learning, community engaged outreach in wellness and health promotion, and training in effective, evidence-based programming. The ZFCPHP faculty & staff continue to adapt outreach efforts and community engagement to address ongoing and time-sensitive health issues.

ZFCPHP Self Study 2022

The Self Study for the ZFCPHP was initiated in the spring of 2022. The initial step was to gain an understanding of the process, identify resources to inform on the process, establish a process with Team members' input. Resources identified included online self-study documents for MEZCOPH, from other institutions, from the literature and from Centers posting online information. In addition, the team reviewed the UA, College, and Center 5-year plans, prior published Impact Reports, prior Center strategic planning retreat minutes, and the Center website content. A Strengths, Weaknesses, Opportunities and Threats analysis was performed and compared to earlier analyses to identify consistent as well as emerging areas of potential growth and impact. The self-study included the Director, Key Faculty, Staff, and Students. The Director and team members drafted a summary of information across the various approaches / implementation strategies in the form of an initial report. Once an initial draft of the self-study was completed, the core self-study team reviewed for accuracy and completeness. The self-study document is currently being shared with select faculty and community partners for structured review (survey-based feedback document) with plans to disseminate the final document to Center members and community partners.

Supporting Youth and Families

Healthy 2B Me Camp for Underserved Youth (H2BM)

The Healthy 2B Me Summer Camp was back in the South Tucson Community for its 10th anniversary. After two years of providing camp-in-a-box remotely, we welcomed a new staff of MEZCOPH undergraduate interns and a wonderful group of children to the Las Abuelita's Community Center. We enjoyed the summer program with the help of the UArizona Nutrition Extension staff presenting on good nutrition habits and a fruit smoothie demonstration and the UArizona Skin Cancer Institute who shared their sun safety program with us! We were able to welcome nearly 30 elementary and middle school students this summer for 2 summer sessions as a rebuilding year. In addition, our camp staff supported the Las Abuelita's summer program for an additional 6 weeks with additional activities and resources. One of the highlights was water day with a water balloon toss. Looking forward to continuing the program in 2023 with more children from our community and MEZCOPH students looking for a rewarding internship experiences.



Healthy 2B Me Summer Camp 2022

Childhood Obesity Prevention Initiative

ZFCPPH partners with a larger group of Tucson-area programs to actively address the issue of childhood obesity in our community. The collective and concerned group of professionals and citizens work together to mitigate and reduce childhood obesity as well as to intervene on poverty and education as driving factors contributing to the early-age onset obesity crisis. We are addressing the social determinants of health through multi-sector partnerships to achieve gains in population-level health outcomes related to overweight, obesity and whole child and family wellness while reducing related health inequities.

Engaged partners include:

- Jennifer Bea, PhD, Associate Professor, Health Promotion Sciences, Mel & Enid Zuckerman College of Public Health
- Cynthia Thomson, PhD, RDN, Professor, Health Promotion Sciences, Director of the Zuckerman Family Center for Prevention & Health Promotion, Mel & Enid Zuckerman College of Public Health
- Sabrina Plattner, MEd, Health Educator Senior, University of Arizona Mel & Enid Zuckerman College of Public Health & Certified Health Coach, Co-Chair of Activate Tucson Coalition
- Annemarie Medina, University of Arizona Health Sciences, Director of Corporate & Community Relations, Co-Chair of Activate Tucson Coalition
- The Tucson Child Health Working Group Community partners:

Activate Tucson, Pima County Health Department's Healthy Pima and WIC programs, Child Parent Centers Incorporated's Head Start Health Services Advisory Committee, Arizona Department of Transportation, Grow 2B Fit, AZ Health Zone SNAP-ED, UArizona Cooperative Extension's Garden Kitchen and Nutritional Sciences Department, The Boys and Girls Clubs of Southern Arizona, El Rio Community Health Center, The Community Food Bank of Southern Arizona, Tucson Unified School District, BEYOND Foundation, Beach Fleishman Accounting Firm.

<https://www.activate-tucson.org/>

Our Wellness Promotion Partnership with Tufts University

For the last 2 ½ years, UA MEZCOPH's Childhood Obesity Initiative has been involved in a nine-city grant study with Tufts University, Boston College, and the Child Obesity 180 team to tackle the childhood obesity crisis. The partnership with Tufts University as a designated Childhood Obesity Prevention programming and research site for the in-depth and systematic evaluation of the drivers of childhood obesity in the Tucson community. This strategic collaboration with national leaders in childhood obesity prevention and the research with Catalyzing Communities to Prevent Childhood Obesity. This program has informed targeted policies and systems in environmental change to mitigate childhood obesity. The four-year collaboration and research study continues to provide expertise on this important work to reduce childhood obesity in Pima County and nationally. The work has led to implementing a stress strategies intervention program to help children, teachers and families cope with stress related obesity health disparities. This programming will work with the Sunnyside School District and possible collaboration with the Amphitheater School District to help mitigate and prevent obesity health outcomes. Tucson Child Health Working Group, Activate Tucson, and Catalyzing Communities Alliance, continue preparing a communitywide campaign to convince taxpayers to dedicate at least a portion of available school tax credits to schools and school districts in less affluent areas. This is seen as an easy cost-neutral way to offer funding for extracurricular activities to promote child wellness and offset disparities in school funding that aggravate poverty and obesity in underserved areas. The Tax working group has partnered with local accounting firm BeachFleishman to provide support and expertise on advocacy on the Public-School tax credit process. <https://catalyzingcommunities.org/>



Catalyzing Communities Boston meeting, June 2022

The Wildcat Marathoners

The Wildcat Marathoners (WM) is a running/walking club in Tucson, AZ created in part by members of the ZFCPPH. The WM program was created to achieve the long-term goal of promoting physical activity and healthy lifestyle habits in children. We continue to work collaboratively with afterschool programs and partner with the Southern Arizona Road Runners Fit Kidz running program to provide physical activity opportunities for families to be active together.



Las Abuelitas After School Wildcat Marathoners participants at the fall 2021 Thanksgiving Day race at Reid Park

Mujeres y Niñas (Mamas e Hijas)

After a brief pause during the COVID-19 pandemic, Mujeres y Niñas restarted at the YWCA Southern Arizona during the fall with 13 families in attendance and a new facilitator for mothers/caregivers, Mariana Canetas. Following the semester, the curriculum was condensed from 13 weeks to 7 weeks to offer a summer alternative, serving 7 new families. Although the program has remained effective in facilitating family conversations about sex and sexuality in both 13- and 7-week offerings and increasing parental confidence with such discussions, program staff have noticed youth participants becoming increasingly less engaged in learning. Moving forward, we will continue to offer the program to mothers/caregivers and will widen the age range for youth recruitment. Additionally, the YWCA Southern Arizona and ZFCPHP will partner with local agencies to foster collaborative community support and expand the program's reach.

Growing Girls

Growing Girls is a psychosocial intervention for 5th and 6th grade girls targeted to promote social and emotional health and improve peer connectedness. The 2021-2022 school year was the tenth year of Growing Girls at Estes Elementary School and the second year of Growing Girls at Quail Run Elementary School in the Marana Unified School District, directed by Lindsay Bingham, MPH, CHES® (Health Educator, Sr., Health Promotion Sciences). Due to the fluctuating state of the pandemic and many students continuing with online learning, Growing Girls was offered using a hybrid approach with a recruitment goal of 25 students across both school sites. For the first time, Growing Girls was moved to the evenings to create time and space for students to rest after school and catch up on homework before programs. One-hour online sessions were coordinated using Google Classroom and hosted via Zoom while two-hour in-person sessions alternated between schools to accommodate parent pickup and drop-off needs. Dinner was provided by the school for in-person evening sessions.

During 2021-2022, 20 girls participated and learned about personal identity, building healthy friendships, positive thinking, self-compassion, solving problems and seeking help, bullying, media messages, body acceptance, development and puberty, and planning for the future throughout the 21 evening sessions. One public health graduate student (Elsa Loya) served as the Growing Girls Program Manager and three undergraduate University of Arizona students (Taylor Younger, Tammy Tran, and Thea Christofferson) served as Growing Girls Group Leaders, facilitating the program in small groups. Group Leaders received facilitation preparation and training in the Nurtured Heart Approach® to best support their participant groups.



GAME and Growing Girls Program participants 2022

Although there were some implementation challenges in offering a hybrid evening program, there were several successes:

- Returning after a 2-year hiatus, the annual spring field trip to the University of Arizona (with Guys After-School Mentorship & Education) hosted 12 Growing Girls participants and 3 Group Leaders. Participants and Group Leaders ate lunch and played games on the UArizona Mall, explored campus with a photo scavenger hunt, and enjoyed two different activities: visiting Flandrau Science Center and Planetarium or a tour of the Athletics Department/Jim Click Hall of Champions.
- Fourteen Growing Girls participants graduated from the yearlong program in May. Many stated they enjoyed attending the online sessions. All participants looked forward to in-person sessions.
- Parent and school engagement remained high throughout the year with frequent communication via email, text, and phone calls. Parents remained flexible when pandemic-related cancellations occurred and families were updated often regarding our program mitigation strategies (i.e., testing, masking, and sanitation).
- In the end-of-year parent survey, parents mentioned several changes they noticed in their student following participation in the Growing Girls program: improved assertive communication, expanded scope of friends, and increased comfort with puberty/body changes.

For more information and parent testimonials, read our full 2021-2022 program report [here](#).

Currently, Growing Girls is offered in-person at Estes Elementary School on Monday afternoons and Quail Run Elementary School on Wednesday afternoons for 21 weeks. Each cohort of up to twenty 5th and 6th grade students is led by 2 trained undergraduate/graduate Group Leaders who are using a new revitalized curriculum with activities to build self-esteem and positive social skills. Given the incredible strain of the pandemic and school violence on participant safety and program operations, the 2022-2023 school year is the first time we are employing a standardized method to training, orientation, and implementation to ensure consistency in program offerings while providing quality service to program stakeholders: enhancing adolescent and family well-being is our top priority!

Guys After-School Mentorship & Education (GAME)

Guys After-School Mentorship and Education, or “GAME”, is a psychosocial intervention for 5th and 6th grade boys targeted to promote healthy social and emotional development and aid in the transition to middle school. The 2021-2022 school year was the sixth year of GAME at Estes Elementary School and the third year of GAME at Quail Run Elementary School in the Marana Unified School District, directed by Lindsay Bingham, MPH, CHES® (Health Educator, Sr., Health Promotion Sciences). Due to the fluctuating state of the pandemic and some students in the district still participating in distance learning, GAME was offered using a hybrid approach with a recruitment goal of 16 students across both school sites. Alongside Growing Girls, GAME was moved to the evenings to create time and space for students to rest and do homework after school or participate in additional extracurricular activities. One-hour online sessions were coordinated using Google Classroom and hosted via Zoom while two-hour in-person sessions alternated between schools to accommodate parent pickup and drop-off needs. Dinner was provided by the school for in-person evening sessions.

During 2021-2022, 11 boys participated and learned about personal identity, navigating intense emotions, positive thinking, teamwork, peer pressure, bullying and resolving conflict, media messages, self-esteem, body image, development and puberty, and planning for the future throughout the 21 evening sessions. One former undergraduate intern and GAME Group Leader (Frankie Romero) served as the GAME Program Coordinator and two undergraduate University of Arizona students (Samuel Rodriguez & Alex Cote) served as GAME Group Leaders, facilitating the program

in small groups. Group Leaders received facilitation preparation and training in the Nurtured Heart Approach® to best support their participant groups.



GAME and Growing Girls Program participants 2022

Although there were some implementation challenges in offering a hybrid evening program, some proud highlights emerged:

- Returning after a 2-year hiatus, the annual spring field trip to the University of Arizona (with Growing Girls) hosted 5 GAME participants and 3 Group Leaders. Participants and Group Leaders ate lunch and played games on the UArizona Mall, explored campus with a photo scavenger hunt, and enjoyed two different activities: visiting Flandrau Science Center and Planetarium or a tour of the Athletics Department/Jim Click Hall of Champions.
- After attending 75% of sessions, 6 GAME participants graduated from the yearlong program in May. Some students struggled to stay engaged during online sessions (or experienced limitations to internet access). Attendance was highest during in-person program sessions as students looked forward to being together; however, Zoom was still offered for those who were ill or felt more comfortable at home. Transportation was provided by the school for each in-person session.
- Parent and school engagement remained high through the year with frequent communication via email, text, and phone calls. Parents remained flexible when pandemic-related cancellations occurred and families were updated often regarding our program mitigation strategies (i.e., testing, masking, and sanitation).
- In the mid-program parent/guardian survey, one parent commented that they noticed their child becoming more confident and gained new friendships and experiences through the program.

For more information and parent testimonials, read our full 2021-2022 program report [here](#).

Currently, GAME is being offered in-person at Estes Elementary School on Monday afternoons and Quail Run Elementary School on Wednesday afternoons for 21 weeks. Each cohort of up to fifteen 5th and 6th grade students is led by 1 trained undergraduate Group Leader with assistance from dedicated school staff. A new updated curriculum with activities to build self-esteem, reduce peer conflict, and increase social connectedness is being used with flexibility to group needs. Similar to the Growing Girls program, the 2022-2023 school year is the first time we are employing a standardized method to training, orientation, and implementation to ensure consistency in GAME program offerings while providing quality service to program stakeholders.

Educating the Next Generation of Public Health Professionals

Service-Based Learning

We continue our commitment to preparing and educating the next generation of Public Health leaders through instruction and service.

Public Health for Community Wellness

The ZFCPHP continues to serve South Tucson's youth and families through the interactive and application-based public health course; *Public Health for Community Wellness (HPS 497E/597E)*. This course is taught by Sabrina Plattner, M.Ed. Health Educator Senior. MEZCOPH undergraduate and graduate students learn how to plan, coordinate, and implement health education for young people ages 5-14. For the last 6 years, ZFCPHP has collaborated with the Primavera Foundation (an organization that provides pathways out of poverty through safe, affordable housing, workforce development and neighborhood revitalization) and public health students providing service at Las Abuelitas after-school program. In September of 2021, the course resumed in-person and 16 UA MEZCOPH undergraduate and graduate students created and delivered health and wellness lessons each week to 25 children. These lessons are now called Wildcat Wellness. They include learning how to prepare low-cost healthy snacks, art activities to establish healthy habits and interactive physical activities that the children enjoyed participating in while having fun!

In 2022, MEZCOPH students assembled and delivered 40 sack meals to the Primavera Foundation Women's shelter.



Basketball and art activities at Las Abuelita's Afterschool Program

Health Promotion Sciences & Public Health for School & Community Based Childhood Obesity Prevention Programming (HPS 497-L)

As in-person classroom visits resumed, and MEZCOPH's undergraduate and Health Educator Senior, Sabrina Plattner, implemented the *Healthy Schools Tucson (HST)* curriculum. HST addresses lifestyle behaviors and sociocultural factors that reduce obesity risk among middle school students. Since 2018, Saints Peter and Paul Catholic Middle School (SSPP) has been the site of HST, a 11-week nutrition and physical activity curriculum to promote adolescent wellness and childhood obesity prevention. Eleven lessons created by MEZCOPH students include; Lesson 1: Covid-19 and Self Care, Lesson 2: My Plate for My Health, Lesson 3: Portion Distortion, Lesson 4: Sugar Busters, Lesson 5: Breakfast Breakdown, lesson 6: Physical Activity for Heart Health, Lesson 7: Sleep and Hydration, Lesson 8: Tobacco and Vaping Prevention, Lesson 9: S.M.A.R.T. Goals, the two new lessons added to the curriculum now include, Lesson 10: Me, My Self and I (building self-esteem), Lesson 11: Social Media and on-line safety. In evaluating this program using the Student Wellness Questionnaire, we have continued to demonstrate that the middle school students have gained meaningful knowledge

and acquired important and critical skills that are translating to the adoption of healthy lifestyles to prevent obesity and ultimately reduce health disparities for vulnerable youth.

Saints Peter and Paul Catholic School (SSPP) thoroughly endorses the Healthy Schools program and lessons. According to the middle school teachers, over the past years, they have seen students not only engaged in the discussions regarding pertinent teenage topics (i.e., vaping, emotional selfcare, the benefits of healthy nutrition and exercise, etc.) but following through with the techniques and suggestions recommended by program facilitators. Many of the students began walking the track at lunch recess rather than sitting on the bleachers. Their conversations were incorporated in their movement activities that have helped them refocus on the benefits of exercise. The students commented that the additional activity helped them be less restless in afternoon classes. SSPP has also seen an increase in healthy snacks (i.e., veggies, nuts, and fruit) because of the nutrition lessons. More lunches have consisted of salads or yogurts with fruit; pure water consumption and naturally flavored waters have also increased. In addition, we have shared the individual lesson objectives, discussion statistics, and relevant information with the students' families. Parents have often responded with their appreciation for this information as many parents find it difficult to open a conversation with their students about sensitive topics. Having this information accessible has helped broach topics and discussion.

MEZCOPH enrolled students are given the opportunity to work within Saints Peter and Paul Middle School to deliver evidence-based obesity and disease prevention lessons in the areas of nutrition, physical activity, and social and emotional learning. Students are required to complete the Collaborative Institutional Training Initiative (CITI) Human Subjects and other essential trainings in nutrition and physical activity (i.e., USDA's MyPlate and the Dietary and Physical Activity Guidelines for Americans). Each semester, MEZCOPH students are required to research, build, and present a new HST lesson per the needs or suggestions presented by teachers, students, and school staff. This year, students created a lesson on self-esteem, body image, and how to navigate safely on social media platforms.



6th graders learning to read nutrition labels, making a healthy meal plate, and how much sugar in sweetened beverages

Training

Student Transformative Experiences to Progress Underrepresented Professionals (STEP-UP) Summer Research Program

The *Student Transformative Experiences to Progress Underrepresented Professionals* (STEP-UP) Summer Research Program was excited to be back in person for 2022! This summer, we hosted 20 trainees from the University of Arizona and across the United States. Trainees complete an integrated, innovative, and multidisciplinary educational experience in cancer prevention and control. Trainees collaborated with University of Arizona (UArizona) Cancer Center researchers and UArizona faculty to build confidence and skills in cancer prevention and control while completing an in-depth research immersion. Other summer activities included systematic literature searches, analysis, and presentation of cancer prevention findings, completing a community-based sun safety outreach project, practicing personal cancer

prevention behaviors, and more. We were even able to enjoy some group hiking before the monsoons hit! The program is actively pursuing new funding opportunities to continue offering this valuable educational experience.



Step-Up 2022 Cohort

Behavioral Measurement and Interventions Shared Resource (BMISR)

BMISR has a unique model for staffing its shared resources with a student workforce that provides both an enriching training opportunity and a flexible, cost-effective staffing solution for research studies. From 2021 to the present, the BMISR trained 15 undergraduate students and 5 graduate students (4 Masters and 2 PhD Students) in behavioral interventions and behavioral assessment including diet and physical activity methods training. Mentoring is a priority task for BMISR co-directors Cynthia Thomson and Jennifer Bea and BMISR manager Angela Yung and as a result, 2 students were accepted in a dietetic internship, 1 entered a PhD program, 1 entered a post-doc program and 3 attended graduate or professional programs.

Community Outreach

Community outreach engagements were once again limited in 2022. Our team worked diligently to provide as many online resources as possible in remote learning settings including a reboot of the ZFCPHP website. As highlighted in this report, our programs continued to adapt content and resources to engage with those hit hardest not only by the pandemic, but the economic fluctuation. The ZFCPHP Health Educators are committed to continue to adapt and accommodate our community as we navigate through the ongoing world changes and balancing a new normal in work conditions.

In August, ZFCPHP staff participated in the annual back-to-school family resource fair at Prince Elementary we shared public health resources on the importance of handwashing. Handouts and personal hand sanitizers were given to participants.

In September we attended the Healthy Brain Aging Event hosted by our colleagues at MEZCOPH. We shared public health information with participants including a make your own jigsaw puzzle activity.

The Nosotros Comprometidos A Su Salud “Committed to your health”, had a Liver Health Awareness Day on October 15, 2022. The Nosotros team completed 41 free FibroScans® (liver ultrasounds) in 4 hours. Around 90 members of our community attended the event, and 16 community partners were present to share their resources. Among our partners were Latinos Contra El Cancer, American Cancer Society Cancer Action Network, UArizona Center for Health Disparities, All of Us, and the Mexican Consulate.



Liver Health Day 2022

Supporting Novel Ideas for Health Promotion

The Cancer Prevention and Control Research Network (CPCRN)

The University of Arizona Cancer Center joined the Cancer Prevention and Control Research Network (CPCRN) on January 2020, and received an initial \$1.4 million to advance cancer prevention and control science, with particular focus on the health needs of Hispanic cancer survivors. On January 2022 a record-setting 134 CPCRN members, affiliates, Scholars, federal agency partners, community partners, and special guests representing institutions across the country convened virtually for the CPCRN5 Year 3 Winter Meeting, hosted by the CPCRN Coordinating Center at UNC-Chapel Hill. The goals of the January 27th event were to: 1) learn about the current landscape of CPCRN research; 2) strengthen relationships among Network members; 3) participate in strategic planning; and 4) develop new initiatives, research ideas, and directions for the Network.



CPCRN Scholars Cohort 2022

The CPCRN Scholars Program recently welcomed 17 new Scholars as part of the 2021-2022 cohort including two members of the Arizona CPCRN. With representation from ten states and Switzerland, members of the second Scholars cohort will have opportunities to engage in mentored CPCRN Workgroup and Interest Group projects that align with their professional interests.

Dr. Cynthia Thomson, along with other PI's from CPCRn, participated in the 14th Annual Conference on the Science of Dissemination in Health in December 2021, their poster session was Building the Future of D&I Science: Training, Infrastructure, and Emerging Research Areas. The topic was implementation science capacity building through a national Scholars Program for researchers and practitioners in cancer prevention and control.

Eight members of the AzCPCRn participated in the 14th Annual Conference on the Science of Dissemination in Health in December 2021, their poster session was in Promoting Health Equity and Eliminating Disparities. Their poster was Stakeholder-informed considerations for adapting health promotion interventions with Hispanic breast cancer survivors living on the United States/Mexico border.

The Arizona site (AzCPCRn) has 20 members; 5 scholars (of 16) were selected from the University of Arizona for the 2021-22 training class. Additionally, we have representation in five workgroups and two interest groups within the Network and lead the cancer survivorship working group nationally.

In March of 2022, more than 20 CPCRn members, including 7 AzCPCRn members, affiliates, and federal agency partners representing institutions across the country convened in-person for the first time in over two years at the American Society of Preventive Oncology (ASPO) 46th Annual Meeting in Tucson, Arizona. The three-day ASPO Meeting offered Network members an opportunity to engage, inspire, and learn from one another around the theme *Towards Achieving Health Equity*.



UA CPCRn Colleagues at the annual ASPO conference; Tucson 2022

In May 2022, Network members representing all eight Collaborating Centers, federal agency partners from the CDC and NCI, affiliate members from institutions across the country, CPCRn Scholars, and community and clinical partners convened for the CPCRn5 Year 3 Annual Meeting. With our Colorado School of Public Health (CSPH) Collaborating Center serving as the local host.



CPCRn colleagues networking in Denver

CPCRN investigators at the University of Arizona Collaborating Center (AzCPCRN) concluded their core Center project, "Vida Plena," with a Photovoice Exhibition, held June 16, 2022, in Nogales, AZ. Translated from Spanish, *Vida Plena* means "full life;" a title intended to reflect the study's aim to capture the unique experiences of Hispanic cancer survivors and their caregivers who live on the Arizona-Sonora border.

As the largest, fastest growing, and youngest minority population in the United States, the local Hispanic community was of particular interest to our AzCPCRN investigators and their community partners. Their work commenced in late 2020 and was carried out in partnership with Mariposa Community Health Center. Investigators used a mixed-method approach, consisting of interviews and Photovoice— a tool through which cancer survivors showcased their lifestyle and perspective through photography and written reflection—to learn the nuances and depth of patient experiences.



CPCRN Arizona Group

Telemundo Arizona recently began a series of Latino cancer survivor stories. AzCPCRN Project Director Rosi Vogel spoke with the media about the importance of early detection and the success patients can have when seeking and receiving treatment early. To watch the full video, visit the Telemundo website,

<https://www.telemundoarizona.com/noticias/local/latino-sobreviviente-de-cancer-comparte-su-historia-de-esperanza-para-alentar-a-hombres-a-priorizar-su-salud/2226917/>

Dr. Cynthia Thomson trained Mariposa Community Health Center Worker's (CHW) on Colorectal Cancer Prevention and the FluFIT Program from the American Cancer Society, by parting a FIT test with the flu/COVID shot, CHW have the opportunity to talk with patients and to educate them regarding the importance of colorectal cancer.

Samantha Werts, BS, MPH and Rosi Vogel trained STEP-UP students on Photovoice and on Community Health Assessment, which the Public Health Accreditation board defines community health assessment as a "systematic examination of the health status indicators for a given population that is used to identify key problems and assets in a community".

Dr. Cynthia Thomson trained 24 Mariposa's CHWs on Breast Cancer causes, risk factors, signs and symptoms, prevention, and early detection.



Dr. Thomson training CHW's in Nogales, AZ

Our Public Health Students

Public Health students are an integral part of the ZFCPHP, and we strive to create unique academic and training experiences for the next generation of public health professionals. Graduate level students currently working with ZFCPHP include:

Adriana Hernandez: MPH and Doctoral student, Public Health

Evaluating psychosocial support and self-efficacy to improve diet and physical activity among Hispanic cancer survivors

Erin Kinney: MPH student, Public Health

Developing a comprehensive curriculum for Healthy 2B Me Camp

Estefania Mora Ochoa: MPH student, Public Health

To be decided

Fernanda Palafox: MPH student, Public Health

To be decided

Gloria Cota Aguirre: Undergraduate Honors student, Public Health

Performing qualitative analysis of colorectal cancer screening attitudes, belief, and knowledge among Hispanic adults

Jennifer McElfresh: Post-Doctoral Researcher

Evaluating psychosocial factors and related health outcomes in cancer survivors

Kelli Richardson: PhD student, Nutritional Sciences and Wellness

feasibility and acceptability of a brief CGM-based biological feedback intervention conducted within the context of the University of Arizona Cooperative Extension National Diabetes Prevention Program

Lauren Erdelyi: MPH and Doctoral Student, Public Health

Developing programming and related evaluation regarding school tax credit dollars for health promotion in low-resourced schools

Melissa Lopez-Pentecost: PhD, RDN, Clinical Translational Sciences

Informing Dietary Interventions for Obesity-Related Cancer Prevention in Mexican-Origin Hispanic Adults

Miguel Balbin: MPH student, Public Health

To be decided

R. David Contreras: College of Medicine, Tucson; Cellular and Molecular Medicine, PMAP

To be decided

Roger Robles-Morales: PhD Student, Clinical Translational Sciences

Informing tailored strategies to increase cervical cancer screening in Hispanics residing in Southern Arizona

Samantha Werts: Doctoral Candidate, Public Health

Leading a new Vida Plena project to evaluate a symptom management combined health lifestyle behavior intervention in Hispanic female cancer survivors

Adriana Maldonado: Post-Doctoral Researcher

Recently chosen as a Strategic Priorities Faculty Initiative Hire to begin a tenure-eligible faculty position in February 2023. She also received The Sidney Hopkins, Mayola B. Vail and Patricia Ann Hanson Postdoctoral Fellowship from the Community Foundation of Southern Arizona for the project titled, “Cosechando la Salud: Understanding the Root Causes of Non-Alcoholic Fatty Liver Disease in Mexican-Origin Migrant and Seasonal Farmworkers.” The goals of this project are to (1) examine the association between neighborhood context, allostatic load, and non-alcoholic fatty liver disease among migrant and seasonal farmworkers and (2) involve migrant and seasonal farmworkers in a photovoice project to identify neighborhood characteristics that influence allostatic load and non-alcoholic fatty liver disease risk. In addition, we work with nearly 75 undergraduate students yearly in various capacities including unique internship experiences, academic and research projects.

Center Strategic Planning and Self-Study

Throughout 2022, ZFCPHP Faculty and Staff have worked diligently on the Center’s Five Year plan. This has allowed us to reflect on the numerous projects we have continued to passionately work on and give us an opportunity to expand our reach with potential growth areas.

In addition, we have collaborated on the Center Self-Study to highlight the historical background of the Center, the structure, and operations. We first conducted a SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis and then reflected on the impact of our programs and what direction we see the Center moving.

Both of these documents will be available in a final version in early 2023.

Center Website

The ZFCPHP team is committed to providing up-to-date programmatic information and health and wellness resources on our website and Facebook page. Center programs and research are showcased via highlights, quarterly newsletters, and individual webpages. It is our goal to begin publishing program curricula within the next year to engage new community partners and stakeholders, therefore increasing access to health education, and expanding the ZFCPHP’s reach.

Website: <https://zfcphp.arizona.edu/>

Facebook Page: <https://www.facebook.com/zfcphp>

Awards / Recognitions

Dr. David Garcia received the following recognitions:

- Early Career Investigator Award, National Institute on Minority Health and Health Disparities (NIMHD)
- NCI Transdisciplinary Research on Energetics and Cancer (TREC) Scholar
- NCI Early-Stage Investigator Advancement Program (EIAP) Scholar

In addition, Dr. Garcia was the lead author on these professional manuscripts:

- Garcia, DO., Valdez, LA., Aceves, BA., Bell, ML., Rabe, BA., Villavicencio, EA., Marrero, DG., Melton F., & Hooker SP (2022). mHealth Supported Gender- and Culturally-Sensitive Weight Loss Intervention for Hispanic Males with Overweight and Obesity: A Single Arm Pilot Study. JMIR Formative Research. In press.
- Garcia, DO., Morrill, KE., Lopez-Pentecost, M., Villavicencio, EA., Vogel RM., Bell, ML., Klimentidis, YC., Marrero, DG., & Thomson, CA. (2022). Prevalence of Non-Alcoholic Fatty Liver Disease and Associated Risk Factors in a Community-Based Sample of Mexican-origin Adults. Hepatology Communications. In press.

Dr. Jennifer Bea was an invited guest editor:

- The Impact, Experience, & Challenges of COVID-19: The Women's Health Initiative. A supplement to the Journals of Gerontology: Series A. (Vol 77, No S1) September 2022. Guest Editors Sally A. Shumaker, PhD, Andrea Z. LaCroix, PhD, and Jennifer W. Bea, PhD.

Future Plans

In addition to supporting the high-impact programming, the ZFCPHP has selected the following initiatives for 2023:

- New community partnerships with St. John's Catholic School and the Boys and Girls Clubs of Tucson for obesity prevention programming and wellness initiatives.
- Seeking new Center leadership to guide the 5-year plan and integrate suggestions from the current Center Self-Study 2022.
- Establish working group to initiate efforts toward a multigenerational wellness program effort.